



Annual Report

2001-2002

THE BRITISH ASSOCIATION OF SPORT AND EXERCISE SCIENCES





BASES' AIMS

- To promote fundamental and applied research in the sport & exercise sciences
- To encourage the development of evidence-based practice in the sport & exercise sciences
- To disseminate knowledge about the sport & exercise sciences
- To establish and maintain high professional standards for all sport & exercise scientists
- To represent the interests of sport & exercise scientists nationally and internationally
- To promote the relevance of sport & exercise science to society
- To facilitate communication amongst those actively engaged in research and scientific support in the sport & exercise sciences

WHAT DOES BASES DO?

- Represents UK sport & exercise science interests nationally and internationally
- Promotes sport & exercise science careers and consultancy
- Organises conferences, seminars and workshops
- Publishes the Journal of Sports Sciences
- Produces a members' newsletter four times a year
- Maintains professional standards

BASES EXECUTIVE COMMITTEE 2001 –2002

Elected Officers of the Association

Chair	Prof Neil Spurway	n.spurway@bio.gla.ac.uk
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CHAIR'S REPORT

This may provide an opportunity to reflect upon the past year's achievements and to look to the future – the corporate vision.

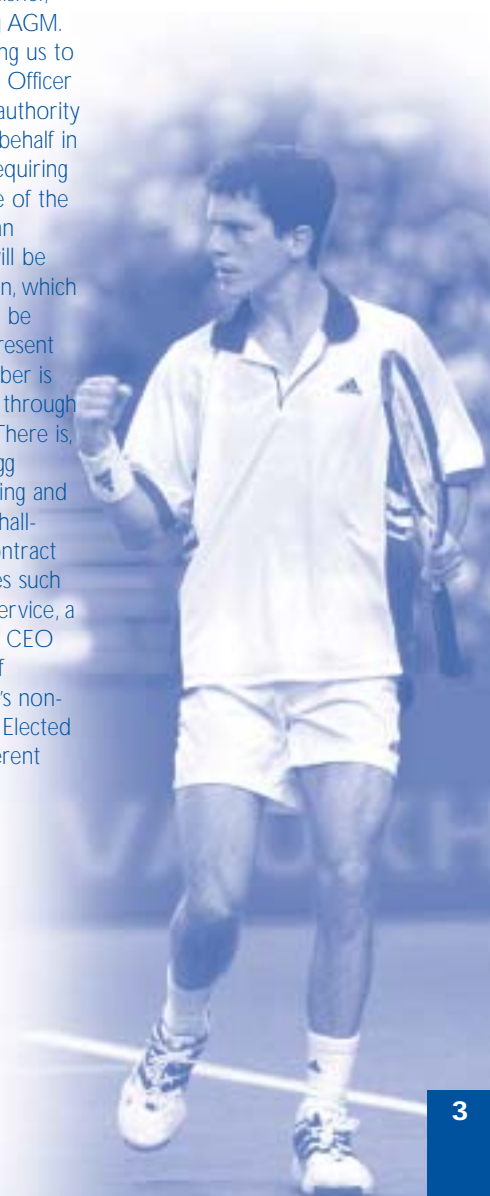
An emphasis I have placed, throughout my period in the Chair, has been to extend collaboration with other organisations. During the year since the Report of 2001 there have been many such developments. Ratification of a Memorandum of Collaboration with the British Association of Sport and Exercise Medicine (BASEM) was completed in November, with excellent effects. I have attended several BASEM Executive meetings, resulting in unquestionably enhanced understanding between the two associations; they are each now represented on the other's Education & Training committee, so joint workshop and other programmes are emerging; the possibility of sharing office services is under active exploration; and mutual collaboration in turn with the Association of Chartered Physiotherapists in Sports Medicine (ACPSM) has been negotiated in the warmest possible spirit. I have high hopes that the resulting, three-stranded, 'Inter-Professional Forum' will be publicly announced before our July AGM. (This Forum is not to be exclusive: other organisations with consonant objectives will be encouraged to apply to join, but the three founding bodies will retain the right to accept or reject such applications.)

An equally important collaboration has been with the UK Sports Institute (UKSI). A BASES/UKSI Partnership Agreement was signed in December and, on the BASES side, placed in the hands of the Sports Science Special Committee to operate. They and the equivalent UKSI team hit the ground running, and extremely important and valuable joint

activities are already in operation. The Buddy Scheme, whereby younger Sports Scientists will work closely with established ones in the service of World Class Sports, is particularly exciting. Serious consideration of whether our Accreditation Scheme needs to be upgraded, to serve the needs of elite sport, is also under way – though the absolute condition is that nothing must be done which would make the scheme less suitable for BASES members concerned with Exercise and Health. With that in mind, let me welcome within this same paragraph BASES' participation in the Exercise Professionals' Group of the Association for Cardiac Rehabilitation (BACR), formally constituted in April. Another profession with which BASES is in close touch is Nutrition. The question whether any more formalised relationship will be fruitful must, however, await the Nutrition Society's finalisation of its own 'accreditation' (their word is Registration) scheme.

Internationally, a proposal enabling individuals to become Joint Members of BASES and the European College of Sport Science (ECSS) will be put to the forthcoming AGM. Liaison with the Australian Association is growing, and a structure for World collaboration within a few years seems foreseeable. Internal modifications related to some of the foregoing include more flexible interpretations of the rules for Accreditation, where it has been less than clear which Section has been most appropriate. After a year or two's experience, these will probably issue in rewritten formal criteria, but to attempt the revision at this juncture would be hasty. Training for those about to supervise the professional experience of younger members is now coming on stream, and

steps to counter the risks of sexual abuse in sport and exercise science are being actively considered. Several book-level BASES publications are in the pipeline, beginning with new editions of our Biomechanical and Physiological Testing Guidelines, which will thus be able to reach a wider market. Our magazine, BASES World, goes from strength to strength, guided now by an Editorial Board reporting to the Executive. A proposal for a new Association journal, the Applied Sport and Exercise Scientist (ASES), complementing the Journal of Sports Sciences but handled by the same publisher, will be before the coming AGM. So, I hope, will one allowing us to appoint a Chief Executive Officer (CEO), who would have authority to act on the Executive's behalf in many matters currently requiring direct involvement by one of the Elected Officers. If such an appointment is made it will be part of an office expansion, which is overdue but cannot yet be lastingly afforded. (The present invaluable third staff member is subsidised for six months through a government scheme.) There is, however, a chicken-and-egg relationship between staffing and money: in the new Whitehall-encouraged climate, of contract funding by central agencies such as UKSI and the Health Service, a full-time, business-minded CEO has much more chance of increasing the Association's non-subscription income than Elected Officers with entirely different day jobs.





This is an element of the thinking which will be published more fully in the Corporate (or 'Five-Year') Plan, which is now being finalised. A more entrepreneurial outlook, one hopes resulting in a stronger financial base, is one key element. Enhanced Membership Services, of which ASES and a more uniformly high standard of Supervised Experience are examples, will pretty crucially depend on this. Modifications of Accreditation, to suit the needs of potential employers in both Health-related Exercise and Sport – but thereby to make much more likely the insistence of those employers on filling their posts with BASES-Accredited people – will be another strand. In keeping with this, BASES will seek particularly to expand its membership in the commercial and full-time service fields; it is not, at present, an

association of academics, but it is too often still thought to be, and this image must be changed. Nevertheless, continued work with the Quality Assurance Agency, to ensure an ever-upward trend in the standards and applicability of Sport and Exercise Science degrees and other training (perhaps including 'kite-marking') is likely to be another feature of the coming years. Scrutiny of the Association's internal structure will continue, though I myself remain profoundly unconvinced that substituting two applications (Exercise v. Sport) will be an improvement on four disciplines (Psychology, Biomechanics, etc). Fresh minds will be applied to the question, perhaps assisted in their assessment by some outside funding. Returning, however, to my starting point, in all activities except the most internal, BASES wishes to collaborate with

other professional associations, not pretending to be able to stand apparently aloof; each profession supporting exercise and sport has its own excellent traditions and its own self-respect but – whether one is thinking of the best service to the individual client/patient or of political influence – we are more effective when we fully co-operate.

It remains for me to express delight at the year's best news of all – Prof Clyde Williams' willingness to stand as Chair Elect, and his being elected unopposed. In such respected and wise hands, BASES can surely not fail to prosper? I thank Clyde with all my heart for undertaking this task, and wish him the greatest possible success.

Prof Neil Spurway
Chair of BASES

SPORTS SCIENCE REPORT

Introduction

This report covers the period from September 2001 to the start of June 2002. This nine month period has seen a great deal of activity predominantly focused on several priorities developed in two meetings (12/12/01 and 3/4/02) between BASES and the UKSI following a formalised agreement to work collaboratively to better support World Class athletes and coaches.

The UKSI has a remit to enhance systems of support for World Class athletes and coaches, invest in people who can support such individuals and disseminate knowledge that will enhance performance.

These areas of interest map on perfectly to three priorities agreed by BASES and the BOA when the jointly signed Memorandum of Collaboration was signed in 2000. At that time there was widespread agreement that the quality assurance systems (BASES accreditation and BOA registration) required further consideration, additional methods were required to provide CPD and development opportunities for scientists on BASES SE, and mechanisms were needed to develop and disseminate performance enhancing knowledge.

Given that the BASES-UKSI agreement formally contained a list of 'key personnel' from both partners, the SSSC has effectively operated with a small 'action group' who have reported back to the full SSSC for comment or to seek wider counsel. In addition, the SSSC has sought the advice of the BASES Chair, Development Officer and EC during the formative stages of some of the novel 'project funding' bids.

Projects

Quality Assurance – Andy Jones (BASES) and Tom Collingridge (UKSI) have worked as one on a development project designed to review the current BASES accreditation system with a view to making a proposal to the July 2002 AGM to improve the system for those wanting to work with World Class athletes and coaches. They have collectively interviewed a widerange of people (eg performance directors, national coaches, and scientists working with World Class athletes), and Andy is in the process of formulating recommendations to go to the BASES EC in June for possible consideration at the AGM in July. If these ideas are accepted by members at the AGM, it is assumed that BASES and the UKSI will submit a proposal for UK Sport funding to support the annual costs of the additional work associated with an enhanced QA system that is designed to dovetail with the BOA registration process, and better meet the needs of elite sport.



Buddy Scheme – Matt Jevon (BASES) and David Lasini/Scott Drawer (UKSI) developed a successful UK Sport funded project to provide supervised World Class work experience for individuals on BASES SE while simultaneously meeting the needs of specific sports or Home Country Sports Institutes (HCSIs) as well as the UKSI. BASES members will be aware that those interested in the Buddy Scheme were encouraged to make an application in April 2002. Fifty-one applications were received and 19 applicants were invited to interview for nine positions in canoeing, cycling, swimming, rowing, the Scottish Institute of Sport (2) and the Welsh Institute of Sport (3). Successful candidates have been notified and they will start on specific projects shortly with support from both a BASES and sport/HCSI supervisor. Assuming that the three-way monitoring and review procedures reveal positive outcomes, it is likely that this project will be extended in future years.

Other Initiatives

Education and Professional Development – Neil Fowler, as Chair of the BASES E&T Committee, has been working

alongside colleagues from sports medicine, coaching and the sports councils to develop a cross-cutting programme that will meet the needs of specialist groups as well as providing opportunities for integration and the exchange of ideas between all athlete support personnel.

Coaching Conference – Andy Borrie has actively represented BASES in a series of meetings focused on preparing for the next Coaching Conference. A programme is now emerging and sport scientists working with World Class sports will need to make sure that their governing bodies request an invite for them to attend the conference.

Knowledge Development and Dissemination – Greg Whyte, from the BOMC, is leading this particular initiative, although there has been limited progress to date.

Performance Impact and Sport Science Audit – Sarah Rowell, Matt Jevon and Tom Collingridge are working toward producing a project brief for a sport science audit to provide additional information about the scientists currently supporting World Class athletes and coaches. In addition, all three colleagues have discussed developing another project that

will, over time, ensure that the performance impact of sport scientists can be more readily embedded in NGB planning and monitoring procedures.

Summary

My thanks to all those SSSC and UKSI colleagues who have worked conscientiously on the above projects. I have also been encouraged by the speed with which the Association has been able to adapt to the 'project culture' without losing sight of the democratic process and the need for 'due process'. Assuming that the membership endorses the decisions taken by the SSSC and encourages further developments in this respect, BASES will need to further reflect on its management and administration structures. If these are to support additional projects that benefit athletes and coaches, BASES members and a funding organisation, there is every likelihood that they will need to change to reflect the required professional and fast-acting project management role envisaged.

Prof Les Burwitz
Chair of the Sports Science Special Committee



UK SPORT GRANT

BASES received £20,000 from UK Sport to provide services that would support high performance sport in the following key strategic areas:

- Providing expert advice on sport science support and research questions posed by world-class sports.
- Ensuring the undergraduate provision in sport science is linked to vocational and professional competences in sport science.
- Promoting, reviewing and quality assuring the services of sport science practitioners through the accreditation and supervised experience programmes.
- Promoting and quality assuring the sport science support and research services delivered through physiology laboratories via the accreditation scheme.

The work that BASES undertook during the year in support of these objectives was welcomed by UK Sport as it further demonstrated BASES commitment to seeing UK sport performers achieve excellence on a world stage. It also demonstrated BASES commitment to the aligning of common work areas with its partner agencies, the UKSI, BOA and UK Sport, so that the benefits to performance sport were maximised. A further £20,000 has been secured for 2002–03 to support a BASES work programme designed to enhance UK Sport's primary role for providing cohesion and direction for high performance sport at a UK level. It has been framed on the light of the December 2001 Partnership Agreement with the UKSI. The programme has a broad focus on assisting the development of people, knowledge and systems that support world-class sport. It is written on the premise that enhancing performance involves both direct scientific support and the development of underpinning knowledge.

- BASES will continue to provide a range of continued professional development services for sport scientists working with or aspiring to work with high performance sports. These services will include a supervised experience programme, educational workshops and symposia, an annual international conference and a peer-reviewed applied and research publication.

- BASES will continue to assist with the sport science support requirements of world-class sports, and any research questions they may pose in the future. This will require the BASES sport science special committee to meet on a regular basis with the UKSI, HCSI, and NGB Performance Directors.
- BASES will continue to provide an accreditation scheme for facilities and for individual sport scientists. BASES will seek to review and where appropriate modify this scheme in line with the UKSI World Class Guarantee system across the UKSI network.
- BASES will continue to facilitate communication amongst those actively engaged in research and support in the sport and exercise sciences.

It is BASES intention that in the long-term, the positive partnership between BASES and UK Sport be developed into one of contractor-client, where UK Sport as the client decides that BASES as the contractor is best suited to the provision of a particular service that supports and positively impacts upon high performance sport. This form of contracting will provide BASES with an opportunity to negotiate not only with the client, UK Sport, but also with the end user of the service, the athlete and coach. This is a double contract concept that will provide for greater potential for consumer involvement and user led services. This new form of working partnership should ensure that BASES and UK Sport work synergistically, securing a long-term competitive advantage for the UK's elite sport performers.

Jeremy Cooper
BASES Development Officer



EXERCISE SCIENCE REPORT

A national (and global) agenda gains momentum

It can be frustrating when public policy doesn't seem to match what the scientific evidence shows, and I have heard several comments over the year expressing dismay at the speed of change. It was no doubt a frustrating experience in the 1960s, when the US Surgeon General's Report on the harmful effects of smoking emerged, to get focused public policy and the resources that followed for smoking cessation interventions. The same is true now: our agenda is gaining momentum. We had the US Surgeon General's Report on Physical Activity in 1996, and we saw the Dose-Response Special Issue of *Medicine & Science in Sport & Exercise* (2001, June, 33 (6 Supplement)) published last year. Last year we also had the latest National Audit Office Report on the prevalence of Obesity in the UK, and the launch of the National Quality Assurance Framework for Exercise Referrals. In the Autumn this year we can look forward to a UK, Chief Medical Officer's Report (coordinated by the Exercise & Health Science Dept at Bristol University with input from mainly BASES members) on the evidence for the effects of inactivity on health and quality of life. So I would say to colleagues in BASES, resources are starting to go into jobs for graduates, research funding and training but we have some years to go before they match those for smoking cessation (despite the similar population attributable risk associated with inactivity and smoking).

BASES has an important political role to play in moving this agenda forwards, and has much to offer and much to gain from such activity. Our Exercise Science strategy articulates the need for collaboration and this report identifies a number of ways

in which this has happened this year and will continue to do so, with links to the National Heart Forum, and the British Association of Cardiac Rehabilitation in particular. I also report on how the NQAF and other initiatives are helping to raise standards in the fitness industry and leisure and health services.

National Heart Forum

This year we have gained representation on the National Heart Forum, and a number of BASES members are providing an input into a newly formed 'Physical Activity Alliance' (subject to renaming) convened by the NHF, with an emerging set of priorities. Top of that list is likely to be to push the government to develop a National Strategy (in England) for promoting physical activity, in line with practice in Northern Ireland, Scotland and Wales. BASES members have played central roles in the development of those strategies and English colleagues look forward to playing an equally prominent role in the coming year(s). The National Heart Forum (www.heartforum.org.uk), as a registered charity, has almost 50 member organisations (including all leading medical and health groups, associations and bodies). As an independent body it has the potential to directly influence government policy which can significantly impact on careers for our future exercise professionals and scientists. BASES input ensured that the Physical Activity Alliance has an agreed mission to promote health in the broadest sense and not just tackling CHD.

National Quality Assurance Framework (NQAF).

It is now just over a year since The National Quality Assurance Framework for Exercise Referral Systems (www.doh.gov.uk/exercisereferrals) was launched by the Secretary of

State for Health, Alan Milburn, and it is time for a moment to reflect on its impact and what the future has in store. BASES (through the Exercise Science Special Committee) jointly provided the lead to initiate and produce this significant policy document.

The NQAF is about systems and people

Systems: The document has been widely disseminated by the Department of Health to offer guidelines for best value and best practice for exercise referral within a rapidly changing health care service. Questions about who, where, when and how are broadly answered in the generic NQAF and for those outside the world of service delivery in health care (eg, leisure operators) this has been of great value. The document appears to have elevated the status and importance of placing exercise referral schemes within HIMPS (health improvement programmes) and a number of other topical frameworks (eg. National Service Framework–NSF for CHD). Indeed on 20 May this year the Dept of Health hosted a national conference for senior local and regional policy makers in the NHS to review how the milestones for physical activity in the NSFs were being met, and exercise referral schemes were one of the key approaches. Referral pathways have been restricted in the past and it is exciting to see evidence-based non-pharmaceutical treatments gain acceptance and recognition within the NHS. I think the NQAF has helped to clarify the distinction between advice or recommendation for exercise versus referral for exercise: for example, the term 'exercise on prescription schemes' appears to be less frequently used. Firstly, there was confusion that it was the GPs prescribing exercise, and secondly, the model was to test someone's fitness and prescribe



exercise. The focus has shifted to changing the complex dimensions of physical activity behaviour that may impact on different aspects of health, within a national agenda, to reduce inequalities in health status. This behaviour change facilitator role requires specialist skills. This takes me on to people or practitioners.

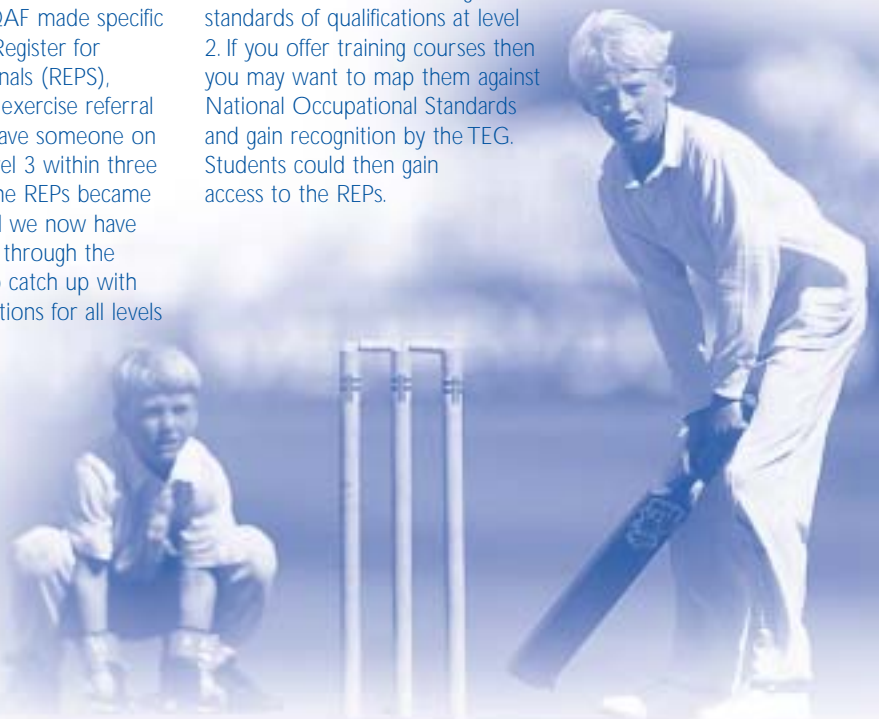
People: The NQAF can have minimal impact on opening up new referral pathways for people with different medical condition if the skills of exercise practitioners, to deliver the exercise programmes or physical activity counselling, do not match the needs of the patients. GPs need assurance that the people to whom they refer will do no harm to patients and this is a challenge when they have traditionally only referred to those in the professions allied to medicine. The NQAF made specific reference to the Register for Exercise Professionals (REPS), suggesting that all exercise referral schemes should have someone on the Register at level 3 within three years. Thankfully, the REPs became live on 1/1/02 and we now have the infrastructure, through the Fitness Alliance, to catch up with processing applications for all levels

(1,2 and 3). Over 10,000 people working in the Fitness Industry are signed up to be on the REPs, through initial corporate support, with the vast majority of people at level 2. Contact REPs for more information on 0845-6016067 or info@reps-uk.org. Although the NQAF is only a set of guidelines, in time I would not want to be part of a referral scheme which employed an exercise practitioner not at Level 3 on the REPs as a minimum, for legal reasons.

BASES has representation on the Technical Expert Group of the Fitness Alliance and there are some issues about the level of training needed to work with special populations as an exercise practitioner. Standards in the fitness industry are generally low and unfortunately the TEG has spent much of its time considering standards of qualifications at level 2. If you offer training courses then you may want to map them against National Occupational Standards and gain recognition by the TEG. Students could then gain access to the REPs.

Medical Conditions and Physical Activity Conference

The Exercise Science meeting in Loughborough last April highlighted the need for an annual conference for exercise scientists. I became aware that the BHF National Centre for Physical Activity and Health were considering a conference and we can now look forward to a joint BASES conference this year on 25 September, which will hopefully attract over 300 delegates. The main focus is on exercise programming for special populations (with both physical and/or psychological health), with keynotes from senior policy makers, health professionals, exercise practitioners and scientists, with a series of workshops across a range of medical conditions.



BASES-AGED PROJECT

The BASES-AGED project which began two years ago was expecting to conclude with the International Society of Ageing and Physical Activity Conference at Loughborough in

2003. Unfortunately, due to personal circumstances for the leading person in the organising team, it has just been decided to withdraw from hosting the event. This is a big disappointment for all

concerned and at the time of writing, no alternative had been decided. We had earmarked funding to support a BASES Symposium.



BACR–EXERCISE PROFESSIONALS GROUP (EPG)

Inaugural Conference, Keele University 13–14 April, 2002

I must thank John Buckley for the following report coming after a most successful initiative which is rapidly gaining momentum.

Over 200 delegates attended this joint conference between BASES, The Association of Chartered Physiotherapists in Cardiac Rehabilitation (ACPICR) and the Phase IV Cardiac Rehab' Instructor Network (Phase IV-IN). The two-day conference kicked off with the eminent Emeritus Professor Adrienne Hardman, speaking on the role of exercise in lipid metabolism management. As usual, for Professor Hardman, the message and concepts were put across in the simplest of terms but without sacrificing any of the academic rigour. Jenni Jones (ACPICR rep' of the BACR-EPG), a Physiotherapy Lecturer from Brunel University, followed with an enlightening presentation of considerations of water-based exercise in cardiac patients. Two key points were highlighted in Jenni's presentation. Firstly, that there was a paucity of information on physiological responses to water-based activity in this population and certainly some scope for some valuable research. Secondly, that due to the significant changes in hydrostatic pressure from simply being immersed in water, the potential for increased circulatory pre-load on the heart at least raises a 'yellow light', when recommending swimming as an activity for cardiac patients. Her present research certainly highlighted some important points over concerns of controlling exercise intensity during water-based activity, where work-rates can be relatively high, especially for

less skilled swimmers, and that perceived exertion was dampened compared to land-based activity at the same intensity. This whole session was Chaired by Dr Neil Oldridge from Indiana State University, one of the world's most renowned experts on the effectiveness of exercise based rehabilitation. Dr Oldridge praised the coming together of the three professional groups, something he had not seen before, even in the US! This was music to the ears of Jenni Jones (ACPICR), Annie Holden (Phase IV-IN) and John Buckley (BASES), the conference organisers and present committee of the BACR-EPG.

The first afternoon was filled by individual sessions of BASES, ACPICR and Phase IV-IN, of which part of the session was spent canvassing interested members to be representatives on the BACR-EPG committee. Thirty BASES members were present and chaired by John Buckley and Neil Spurway, they also discussed and debated the role of exercise scientists within cardiac rehabilitation. One of the main issues was the level of qualification of the exercise scientist. All were agreeable that the BACR Phase IV qualification was an excellent certificate to have in addition to a Sport & Exercise Science Degree. Other proposals included canvassing those universities, which offered courses in exercise and cardiovascular health and disease so that the BACR and cardiac rehabilitation services would be aware of these institutions, when considering the employment of exercise science support. The whole delegation was then brought back together, to be informed by leading figures in each of the three professional groups;

Dr. Jenny Bell on behalf of the BACR and the Phase IV-IN, Sally Hinton on behalf of the ACPICR and Prof. Neil Spurway on behalf of BASES.

The evening banquet and dance at the historic Keele Hall proved to be a huge success in the inter-professional social collaboration of the three groups.

Day two included morning presentations on exercise and heart failure by Dr Ann Taylor (Physiotherapy Researcher) and Dr Jenny Bell covering key misconceptions in the prescription of exercise. Some salient points were provided for immediate use by the delegates when they next saw their patients/clients. The middle of this day was filled with practical workshops on assessing patients using a shuttle walk with ambulatory ECG monitoring (tutor: Jenni Jones), a debate on what actually defines Phase III and Phase IV cardiac rehabilitation (tutors: Gareth Mapp and Fiona Lough), mental health considerations in cardiac populations (tutor: Prof. Adrian Taylor) and measuring and using METs when considering interval versus continuous exercise (tutor: John Buckley).





The conference was closed by Dr Neil Oldridge, reviewing the evidence of the past two decades on the effectiveness of exercise-based rehabilitation. One of the interesting points was that home-based activity has proved to be as beneficial as standard outpatient structured sessions. What was really apparent was that all exercise practitioners should be forever grateful to Dr Oldridge, for without him, none of us would have the basis to justify our employment.

The EPG committee and conference organisers (Jenni, John and Annie) would like to thank all for the support and are pleased to announce that a new committee is being formed with expert physiotherapists Fiona Lough (Addenbrookes Hospital, Cambridge) and Judy Jolliffe (Exeter University), and John Buckley (Keele University) and Debra Richardson (De Montfort University/Bedford PCT). We are awaiting the appointment of the Phase IV-IN representatives.

Research Notes

It may appear that my reports are mainly about policy. To redress that, it is worth noting that the past year provided much to celebrate for Exercise Science in the Research Assessment Exercise. The growth in submission of work/research activity on health-related aspects was noted by the review panel. While some members of our parent disciplines choose to undermine our credibility as a subject (see letter to editor in the Times Higher Ed, 24 June, 2002) and worthiness to receive their 'previously protected' RAE funding, there is no doubt that our output is making a considerable impact on national health and leisure policy and the national research agenda. I was delighted to see Dr Andrew Craig (former Chair of Exercise England and co-author of the NOAF) on the RAE panel as an 'end-user' of exercise science research. To maintain this credibility,

and indeed draw on research funds, we must, as exercise scientists, maintain our links to national priorities (see Exercise Science Strategy at www.bases.org.uk). Indeed, at least two of the five* RAE institutions (Liverpool John Moores and MMU) have focused on the international priority to consider the role of exercise in ageing. The challenge for BASES is to create the forum in which our leading Exercise Scientists will present their work, and bring workshops under the BASES umbrella.

Final Thanks

I would like to thank all those who have put themselves forward to help BASES achieve its aims with respect to Exercise Science. If you want to support your professional Association, then please visit our website, consider our Exercise Science Strategy (see www.bases.org.uk), and put forward some ideas. This doesn't have to be done formally but I guarantee that you and your organisation/institution will be credited with the ideas and assisted in taking them forwards, whether it be with developing new training/education, a research network, a political opportunity to increase resources into an initiative, or raising the profile of BASES nationally or internationally.

Finally, I would also like to thank Steve Bird and Precilla Choi for all their efforts over the years in advancing Exercise Science in the UK, as they depart down under. They will be missed. Thanks also to all those involved in the forthcoming Commonwealth Games Scientific Conference who have worked hard to ensure that the programme has a strong health theme.

Prof Adrian Taylor
Chair of the BASES Exercise Science Special Committee



CONTINUOUS PROFESSIONAL DEVELOPMENT

The Newport Conference – Our way forward; Sport and Exercise in the Real Millennium

The Annual Conference at the University of Wales College, Newport addressed the theme of Sport and exercise in the Real Millennium – Our Way Forward. The Keynote speakers were selected on the basis of their ability to speak to the theme and they all managed this admirably. Professor Celia Brackenridge confronted us all with the contentious issue of abuse of athletes which provided much food for thought over the following three days. Dr Mel Siff enlightened us with his perspectives on biomechanical considerations in strength and conditioning, while Professor Tom Rowland pointed us in the right direction when coaching youngsters. Our final keynote was Professor Rod

Dishman who provided an update and a look at the future with regard to exercise adherence and its relationship to depression or the alleviation of depression. There was also a special invited lecture from Professor Roland Renson who brought us a message from the future and the significance of sport and exercise in the third millennium.

As well as the overarching theme, each day had a particular approach. Day 1 saw a partnership with **sports coach UK** linking the perspectives of the coach and the performer with Day 2 aimed at the elite athlete and the sport and exercise scientist. Health and exercise promotion were addressed on Day 3. Such an approach encouraged a wider participation from some of our allied professions and brought a different slant to many of the sessions. A total of 50 oral

presentations and 60 posters were available throughout the three days – a testimony to the growth and development of the area of sport and exercise and BASES over recent years.

The social side of the conference was not forgotten with the reception on the opening day being held at the Caerleon Roman Baths Museum, combined with a tour of the amphitheatre and Roman barracks. Wine, olives and bread were served *al fresco* in true Roman style after a demonstration of surgical techniques available at the time of the Romans in Caerleon. While the conference dinner was unable to dance to the Wild Women band, a suitable substitute was found which soon had delegates dancing in the aisles.

Dr Hilary Matheson
2001 Conference Organiser

THE RESEARCH PRIZES

Prizes for excellent research are awarded each year at the BASES annual conference and we would like to thank Sportesse, Taylor & Francis and Sportspages for their continued generous financial support. The following members received awards at the 2001 Newport conference.

Sportesse Award

Nigel Gleeson

Effects of a fatigue task on indices of electromechanical delay of knee flexors in men and women

Philip Reed Memorial Award

Audrey Duncan

Motor control of eccentric muscle contractions in landing

Sportspages Awards Biomechanics

Kenny McMillan

Isokinetic profiles and jump testing of professional youth soccer players

Interdisciplinary

Chris Spray

Cognitive processes in physical education: Instrument validation and relationships with goals

Physiology

Deborah Welford

Near infrared spectroscopy does not provide a valid measure of changes in the lactate threshold due to training

Psychology

Heidi Meehan

The role of non-training stress in the development of the overtraining syndrome

BASES Student Awards

Melanie Burrows

The menstrual cycle and immune status

Warren Gregson

The effects of pre-warming on the metabolic, and thermoregulatory responses to prolonged intermittent exercise in moderate ambient temperatures

Gillian Liggett

The validity and reliability of the children and youth self-perception profile

Jonathan Smith

The transiency of goal involvement states within matchplay: An elite player case study

EDUCATION AND TRAINING COMMITTEE

The Research Report

It has been an interesting and challenging year as Chair of this Committee. I am convinced that the future health and status of BASES is in many ways intimately linked to the work of the E+T committee. In this report I will briefly outline what the committee has achieved over the last year, explain the plan for the coming year and also set out the key elements of the mid- to long-term education and training plan developed over the last two years.

Workshops

The E+T committee's most visible work is through the workshop programme. There is a certain degree of overlap between the previous year's workshop programme and this, so it is difficult to be precise about how many workshops have run in the year. The committee have tried to ensure that a good range of workshops have been organised and we are in a position now where we feel confident of our ability to run twelve workshops per year across a range of areas of interest. In the current programme, published in March there are 12 workshops listed and it is hoped that more will be added during the course of the year.

The workshops run in the last year have averaged approximately 30 delegates and allowed the generation of a small workshop surplus. This has been ploughed back into the programme to cover administrative costs, marketing etc. The committee intend to look at the financing of workshops and give due consideration to issues such as cross-subsidy and reduced rates for students etc.

The committee would like to extend their thanks to all those colleagues around the country who have hosted workshops. It is only through the time, effort and expertise of the membership that we can run a successful programme.

In the last year the committee have developed a new system for the organisation of workshops and this now seems to be working well. We now have a central booking and administrative process whereby expressions of interest, applications, details and other paperwork are all handled by the BASES Office. This means that it is now possible to accurately monitor the attendance numbers, feedback reports etc for workshops. Jane has done a sterling job in ensuring that this has run smoothly.

My concern about the workshop programme is that it is still rather ad hoc and reflects the interests of potential hosts more than the needs of the wider membership. With increasing workloads in

Higher Education and competing pressures it may prove harder and harder to put together an attractive programme in this fashion. You will see below in the future plan that the committee are investing time and effort to make the programme more strategic.

External Links

One of the less visible, but none-the-less important, developments of the last year has been the establishment of links between the BASES E+T committee and those of various other organisations. We have a reciprocal arrangement with BASEM with representatives sitting in on each other's meetings to seek areas of common ground and to prevent duplication. This should in the next session allow for the common workshops to be hosted and greater cross-fertilisation of ideas etc to the mutual benefit of all.

As Chair of the E+T committee I have also been involved with the UKSI in a 'Partner Organisation Committee' focused on education and training. This committee has representatives from UKSI, BOA, NSMI, scUK and BASES. There have been three meetings to date and from these a number of action points developed. Although the central focus for UKSI has been 'World Class' and how the various partners can help to contribute to support the various initiatives therein, the main advantage for BASES is potential to share experiences and lock into a well funded system to offer opportunities for education and training. The next twelve months will be interesting from this aspect and I would hope that next year's annual report will have much to say on this link.



The Future – What Needs to be Done

During the next year there are three main issues which the education and training committee will need to address:

- The development of a sustainable, strategic workshop programme
- The further development of links with partner organisations
- The implementation of the education and training framework

The development of a sustainable, strategic workshop programme

Earlier in the report I said that the main limitation of the workshop programme to date has been its ad hoc nature. This needs to be addressed by the formulation of a central 'curriculum' of key workshops which address issues considered by the professional body to be of critical importance, for example child protection, equal opportunities etc. These would form the core of the workshop programme with the traditional range of 'special interest' workshops offered around this. To do this effectively there will need to be input from a range of other groups and committees within BASES, for example the Accreditation Committee, Supervised Experience etc.

Consideration should also be given to moving away from the common model of a one or two day face-to-face workshop. Online, or text-based materials could be used to deliver all or some of this material. If this is viable then application could be made to uk sport for project funding to facilitate this.

The further development of links with partner organisations

Ongoing discussions with UKSI will start to have an impact in the next year and will lead to new ideas and opportunities for education and training. Not only for BASES to train its own membership but potential for BASES to become an education and training provider to other partner organisations.

Through the partner organisations group there will develop opportunities for joint workshops and other projects. Involvement with these partners should allow greater opportunities for BASES members to access a wider range of education and training. I would also hope over the next twelve months to start to establish links with other agencies, particularly with an exercise focus.

The implementation of the education and training framework

The education and training framework, developed 18 months

ago, is a wide-ranging future vision of an integrated education and training scheme extending from the undergraduate experience to post accreditation. Progress needs to be made in the next year on implementing this plan.

The first important step in this process is the introduction of a scheme for 'approving' undergraduate programmes, with the creation of a new membership category of 'Graduate member'. This is not a new idea but one that has been gathering momentum with the expansion in the number of Sport and Exercise programmes in Higher Education. During the next year the education and training committee, in consultation with the membership, will draft a proposal for how such a system would operate and the criteria which would be used. No doubt this will be a difficult task and the challenge to the committee is to seek wide counsel in developing the plan. It is hoped that by the next AGM a proposal will be ready for discussion.

Dr Neil Fowler
Chair of the BASES Education and Training Committee



PROGRAMME OF WORKSHOPS FOR 2002

Field Assessments – The Fundamentals

British Olympic Medical Centre
12 June

Gait analysis

NRCP, Cheltenham & Gloucester,
13 June

An introduction to Counselling Skills

University of Northampton,
14 June

Research Ethics in Sport & Exercise Science

Northumbria University, Newcastle upon Tyne, 12 September

Communicating the Results of Biomechanical Analyses to the Clients

Crewe & Alsager Campus, Manchester Metropolitan University, 21 September

High Performance Physiology

British Olympic Medical Centre,
26 October

Working with Teams

Bolton Arena Sports Education Theatre, 30 October

Evidence Based Practice

Bolton Arena Sports Education Theatre, 31 October

Scaling

Sheffield Hallam University, The Centre for Sport and Exercise Science, 9 November

Working with Young Performers – Cases and Considerations

Loughborough University,
20 November

Statistical Data Analysis in Biomechanics

Sheffield Hallam University, The Centre for Sport and Exercise Science, 28 November

ACCREDITATION AND SUPERVISED EXPERIENCE

The facts and figures

There were a total of 49 applications for support accreditation and a total of 66 applications for the BASES supervised experience programme in 2001–02. These figures represent a 12% increase from the previous year.

There were six applications for laboratory accreditation and re-accreditation in 2001–02. There was one new application for accreditation from the Kingston University and five applications for re-accreditation. The re-accreditations came from the Universities of Brighton, Exeter, Wales at Bangor, Ulster at Jordanstown and the University College, Chichester. In total there are 28 BASES accredited physiology laboratories throughout the UK.

Discipline	Registered R&S Accredited 2001–02	Registered on SE 2001–02
Biomechanics	24	11
Interdisciplinary	20	7
Physiology	154	81
Psychology	135	163
Total	333	262

Table 1. Accreditation and supervised experience details – facts and figures



SECTION REPORTS

Summary of facts from the last four section reports in the BASES World plus any strategic development ideas from the sections.

Biomechanics

This report provides a brief overview of the main work of the Biomechanics section for the year 2001/2002. The Biomechanics section continues to grow with 246 members this year, a small increase of 14 members. The accreditation figures, however, are a cause for concern. We have seven members accredited for research and support, six members accredited for support and ten members accredited for research. This represents an overall decrease in numbers, due to expiry of accreditation, over the year. I hope that BASES Accreditation is a target for all applied workers and researchers in biomechanics. I urge all Biomechanics section members to consider accreditation as part of your professional development. On a positive note our numbers registered for Supervised Experience have increased from six to eleven. For those that are not in a position to apply for accreditation, the supervised experience route provides an excellent opportunity to work towards this goal, particularly now the UKSI and BASES provide the opportunity for World Class experience on the new Buddy Scheme. We do however need those accredited to support the Supervised Experience scheme by offering their expertise and time to help others work toward accreditation.

Thanks go out to the elected members who have served the section through various committees and liaison activities. Adrian Burden, Carl Payton, Fred Yeadon, Simon Coleman and Stuart Miller for their commitment

to the Accreditation and Supervised Experience committee. Thanks to Roger Bartlett for his work on the Accreditation and Fellowships committee. Neil Fowler has continued his role as Chair and Section representative on the Education and Training committee. Neil is leading some important work on a proposal for BASES to endorse degree programmes in the UK, as well as putting together our CPD programme. Remember, if you have a workshop idea, please contact Neil or myself to discuss it.

The Sports Science Special Committee has been served by Adrian Lees, who will be stepping down at the end of this year. I would like to thank Adrian for his participation in this important role. Thanks also to Lance Daggart for his input into the Exercise Science Special committee, another important role that section members can play.

And last, but not least, thank you to Ceri Diss for her support as section secretary over the last year. Work continues towards the publication of the updated Biomechanics Guidelines. Thank you to Roger and Carl for leading this project.

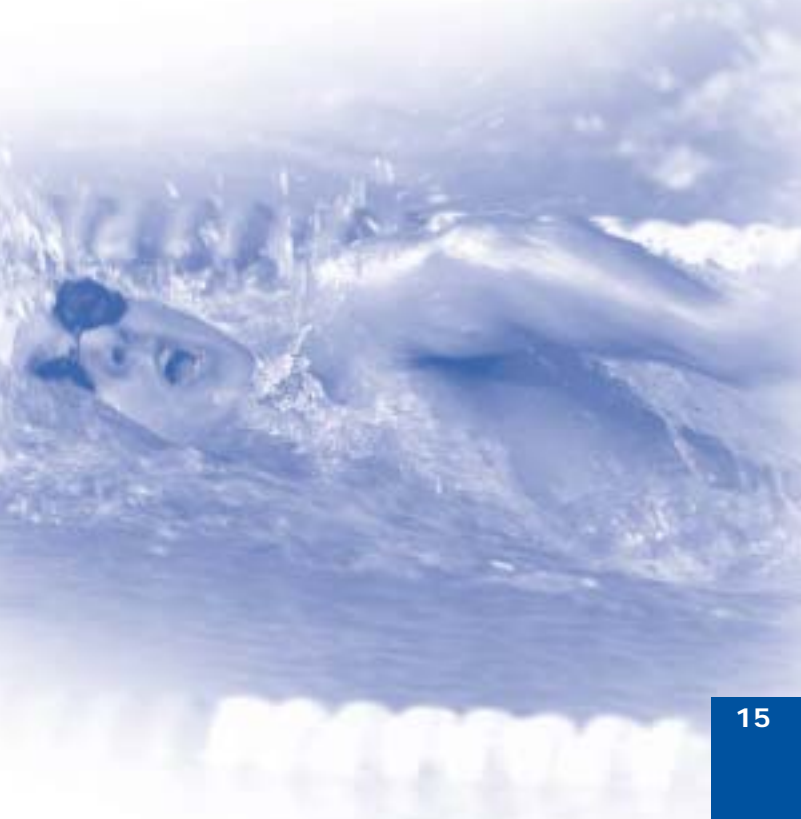
The 2002 Student conference was an excellent conference. Biomechanics/Performance Analysis was well represented and congratulations to Zoe Brenchley et al (University of Teeside) and Tom Casserley (University College Chichester) for their section awards for oral and poster presentations, respectively.

I hope to continue as Chair (if elected) for the year 2002/2003. During this year I would like to raise the profile of the biomechanics section amongst sports scientists and the wider sports community. I aim to do this by launching the section website with the help of Mark Goss-Sampson, promoting and actively encouraging supervised experience and accreditation, encouraging UK Biomechanists to present at the BASES conference and representing your views at the Executive meetings.

Finally, I would like to propose a 'resurrection' of the Easter meetings. As a student I thoroughly enjoyed the interaction of UK Biomechanists at these events. To avoid conflict with the main BASES conference, I would like to propose that this meeting is focused at applied work, supervised experience and workshops.

I look forward to your support at the section AGM.

Dr Mike Lauder
Chair of the Biomechanics Section





Interdisciplinary

Remember the ancient Chinese curse – ‘may you live in interesting times’ – we certainly have over the last year.

The Interdisciplinary section strategy document has driven a large part of activity and focus within the section this year. We have tried through articles in BASES World, through open debate at executive level ‘upwards’ to raise the profile and value of an interdisciplinary approach to sport & exercise science. To support this work I greatly welcome and thank the authors of the section’s equity plan, Celia Brackenridge and Hilary Matheson. Although the workshop programme has been light this year I have high hopes that our more active interdisciplinarians will be spreading the gospel at a range of the more recent workshops advertised. Certainly the demand from sport and exercise domains continues to be for interdisciplinary support, whilst ID researchers flourish.

Aside from my direct responsibilities as chair, I have been heavily involved with the exciting and collaborative work with the UKSI. This has led to a number of projects which help bring our organisations closer together and reinforce the robustness of BASES as the professional body for sport and exercise science. On the exercise front I have again been pleased to see many members of ‘team ID’ continuing to lead on national initiatives. Accredited ID numbers have risen again (look out Mike!) and the interest in ID SE is growing daily.

Thanks must also go to the ID representatives who have put so much into the different work and committees of BASES this year. My work has been made much easier by your commitment and professionalism. I look forward to meeting you all at the AGM and embarking on year two of our strategy.

Times are exciting, but I wouldn’t have it any other way.

Matt Jevon
Chair of the Interdisciplinary Section

Physiology Section

It is customary in annual reports to acknowledge and thank section members for the contributions to the section’s activities and indeed those of the Association in general. I see no reason to depart from this tradition. Before I do so however, I would like to outline what to me are key developments that have occurred during the past ‘short’ year and so put into context the contributions of valued colleagues.

For those in higher education, the Research Assessment Exercise provided a formal declaration of the state of research in sport and exercise science. For many, this declaration has profound effects and in the main, considerable pride can be taken from the outcome. Structures associated with UK Sport, the home countries’ organisations and institutes, the British Olympic Association, World Class Plans and the like continued to present challenges, especially for applied scientists. The recent Soccer World Cup, imminent Commonwealth Games that follows our conference, Athens Olympic Games and other major sporting events provide foci for our endeavours. The welcome rise in interest in exercise science, debate about accreditation of sport nutritionists and dietitians and strength and conditioning specialists challenge our criteria and procedures for accreditation. I see these as major issues that have to be resolved.

The student conference was a highlight because the science and presentation were commendable. There was abundant evidence to suggest that sport and exercise science is in the hands of able and committed young researchers and practitioners.

It is against this background that I offer my thanks to members of the accreditation committee, Dr Ian Campbell, Professor Jo Doust, Professor Roger Eston, Dr Andy Jones and Dr Alison McConnell. I appreciate especially the care with which they consider applications for accreditation and supervised experience to ensure fairness. Similarly, Dr Richard Davison has

been equally diligent on the Accreditation and Fellowship Committee. Thank you also to Richard Godfrey for your work on the Education and Training Committee and to Dr Keith Tolfrey for much valued support as section secretary.

Congratulations to members of the section who were either accredited or reaccredited and to those staff who contributed to the accreditation or reaccreditation of their respective laboratories. You can take pride in your achievements.

Thank you to section members who have either hosted or co-hosted workshops in the last year. Workshops are a vital part of our continued professional development yet their organisation and delivery place considerable demands on organisers.

Thank you to all members for your support and suggestions and I look forward to another year as chair of our section.

I also acknowledge the considerable help I have received from our administrative staff Jeremy Cooper and Jane Birstow. Their cheerfulness and abilities in the face of extraordinarily challenging demands continue to impress me.

Finally, I take this opportunity to acknowledge our outgoing chair of the Association, Professor Neil Spurway. It is hard to believe that Neil is retired because his vitality belies his age. His teaching, research and personal qualities are exemplary. Neil, you have served the Association well. I am sure I speak on behalf of all my colleagues when I extend to you my thanks for all that you have done for BASES and offer my sincerest best wishes for a long and well deserved retirement.

Prof Edward Winter
Chair of the Physiology Section





Psychology Section

This report provides a brief overview of the main work of the Psychology section for the year 2001/2002.

The Psychology section continues to be active with many of its members seeking professional development supported through the supervised experience programme (currently a total of 163 members) and others having achieved accredited status for either research and support (currently a total of 135). It continues to be a credit to the section's members that an increasing number of accredited individuals are supporting the development of those who wish to become sport and exercise psychologists through the supervised experience programme.

Thanks go out to the elected and co-opted members who have served the section through various committees and liaison activities. Tara Edwards, Chris Harwood, Brian Hemmings, Will James, Lynn Johnson,

Ian Maynard, Mark Nesti, Chris Shambrook and Sandy Wolfson for their commitment to the Accreditation and Supervised Experience committee. Nanette Mutrie for work on the Accreditation and Fellowship committee and her valued contribution to the work with our European partners in FEPSAC as well as liaison with the British Psychological Society. Tony Westbury has continued to provide section representation on the Education and Training committee and co-ordinating the ongoing workshop programme. Debra Richardson has provided section representation on the newly formed British Association of Cardiac Rehabilitation – Exercise Professionals Group continuing the substantial work completed by Adrian Taylor and many other BASES members in the Exercise Science field. Finally to Brian Hemmings who, as the secretary, has provided excellent co-ordination for the activities of the section.

The section has continued its work in linking with professional partners to help promote and develop the area of Sport and Exercise Psychology. Developments continue with the BPS which should result in a Memorandum of Collaboration in the very near future, as well as work with FEPSAC, the BOA and AAASP. In addition to this the section has continued to develop working relationships with specific sports such as the Football Association. Such liaisons offer great potential in providing opportunities for experience and potential employment within the sporting world as psychologists.

The developments made over the last year have continued to build on established procedures and projects and have provided new opportunities to grow in an ever expanding and exciting area of the sport and exercise sciences.

Dr Tim Holder
Chair of the Psychology Section

EQUAL OPPORTUNITIES

This has been a very satisfying year on the equity front. Based on the recommendations of the Equity Audit conducted in 2000–01 the Executive's Equity Plan has been instigated. One priority of the plan was the Association's conference awards. As a result of a thorough review there will now be fewer conference awards and a series of new awards recognising the diversity of activities in which BASES members participate is being introduced. Watch out for announcements of these during the coming year and please do not be shy about putting yourself forward in response to my call for volunteers to judge these awards (BASES World, March 2002). Thanks to awards working party members Val Cox, Tim Holder, Andy Lane, Carl Payton, Rob Shave and Keith Tolfrey for all their hard work.

Another priority was fellowships and the Executive reviewed the fellowship application and nomination guidelines resulting in revised and much improved documents. This remains work in progress so feedback is welcome. There is not space to discuss the entire equity plan but hopefully the above will have given you a flavour of the work under way. Not everything has progressed as quickly as originally hoped, sometimes due to a lack of financial resources and sometimes due to time limitations in an organisation whose Executive are volunteers. To try to deal with this more of the work is now being devolved to Sections who have or are putting together their own equity plans. I hope these will be enthusiastically received by members who will become involved in instigating them.

Dr Precilla Choi
Equity Representative





MEMBERSHIP SERVICES

The period April 2001 – March 2002 has been another period of consistent expansion for the Association in terms of its membership base. This growth is illustrated in Table 1 and reflects the growing profile of BASES as the lead professional body for sport and exercise scientists in the UK.

The Executive Committee has continued to work hard to ensure that the services provided to the membership have real value. The quarterly publication, *BASES World*, has continued to provide an interesting and lively communication medium for the membership. The regular supply of current job vacancies in the sport and exercise sector has helped many members with career direction and progression and the new website at www.bases.org.uk is continually being improved to provide members with current information on our workshop programmes, conferences and seminars, accreditation issues, links to related organisations and job opportunities emerging in the sport and exercise sector.

Year ending 31 March	Membership totals
1997	1158
1998	1452
1999	1831
2000	2326
2001	2619
2002	2925

Table 1. BASES Membership during the period 1997-2002

We have continued to work closely with a number of academic publishers to ensure that there are discounts available on selected academic sport and exercise science publications and begun work on updating the physiological and biomechanical testing guidelines. These should be available for the membership early next year. We have also continued to develop our profile in the sport and exercise industry by investing in trade stands and having a presence at key national conferences.

In the coming year we intend to provide the membership with a proposal for an applied journal.

This will be the association's publication and will focus on the dissemination of performance and health impact research information. It is anticipated that this publication will help inform the development of the sport and exercise sciences.

Finally, we also intend to investigate joint membership issues with our international partner associations in Australia, New Zealand and Europe. It is our hope that these discussions will lead to reciprocal membership service benefits.

Jeremy Cooper
BASES Development Officer

SECRETARY'S REPORT

It is only when collating material for a report such as this that the endeavours and progress made by the Association in the past year become truly apparent. So to be brief I have selected just a few items for comment.

Certainly the release of the RAE results with all its implications for future research has been one feature of the year. Undoubtedly BASES members can be justly proud of the progress made in developing research in the UK and congratulations go to all concerned. However for me, the year has had an applied feel. This is illustrated by the new BASES/UKSI

Buddy Scheme which provides great opportunities for those wishing to develop a career in applied sport science. A further illustration that applied sport science has arrived is the agreement with the F.A. to establish a diploma and certificate in sport psychology for football.

Maintaining the applied theme the new workshop programme provides an excellent vehicle for professional development and in the forthcoming year the Association should have its long sought after applied sport and exercise journal (ASES). In my view such a publication is much needed to

disseminate good practice and provide the information needed for those who have an applied interest in our field.

In conclusion the work of the association progresses through the efforts of its members. In this I would use the analogy of a duck; that is, steady progress is apparent on the surface but it's only when you look under the water that you appreciate all the work that is going on. So I would close by asking more members of all levels of experience and across all fields to contribute to share this load.

Prof Steve Bird
Honorary Secretary



TREASURER'S REPORT

Draft Profit and Loss Account for the year ended 31 March 2002

	31.3.02 £	31.3.01 £		31.3.02 £	31.3.01 £
Income:			Finance costs:		
BASES BOA Symposium Grant	7,500	–	Bank charges and interest	828	689
Sports Council grant	20,000	20,000	Brought forward	(14,805)	(20,978)
Membership	63,040	54,262	Depreciation:		
Accreditation fees	4,970	6,180	Fixtures and fittings	427	171
Journal of Sports Sciences royalties	8,991	8,367	Computer equipment	2,233	1,323
Conference receipts – Newport	12,887	9,000		2,660	
Advertising and mailshot income	26,453	24,488		1,494	
Publications and other income	2,461	2,698	NET LOSS	<u>(17,465)</u>	<u>(22,472)</u>
Workshop income	11,142	1,175			
HEA – Aged project income	12,222	12,928			
	<u>169,666</u>	<u>139,098</u>			
Other income:					
Bank interest receivable	628	2,549			
	<u>170,294</u>	<u>141,647</u>			
Expenditure:					
Salaries, management charges and pension costs	54,304	52,266			
Meeting expenses and travel costs	12,107	20,368			
Accreditation costs	1,759	–			
Office expenses	48,010	29,336			
Newsletter and brochures	36,375	21,045			
Workshop expenses	9,895	–			
Conference expenses	2,471	2,645			
BASES BOA Symposium costs	5,602	–			
UK Sports Institute costs	–	1,025			
HEA – Aged project costs	4,360	8,461			
Equal opportunities project	–	2,150			
Public relations exercise	4,157	13,998			
Sundry expenses	1,231	890			
Audit and accountancy – current year	1,200	1,200			
Audit and accountancy – prior year	304	179			
Staff training and development	1,458	3,235			
Inter-disciplinary section budget	–	1,932			
Legal and professional fees	823	1,250			
Computer support and maintenance	215	1,956			
	<u>184,271</u>	<u>161,936</u>			
	<u>(13,977)</u>	<u>(20,289)</u>			

This year we increased our income by £28,000, and I must thank everyone who helped bring this money in.

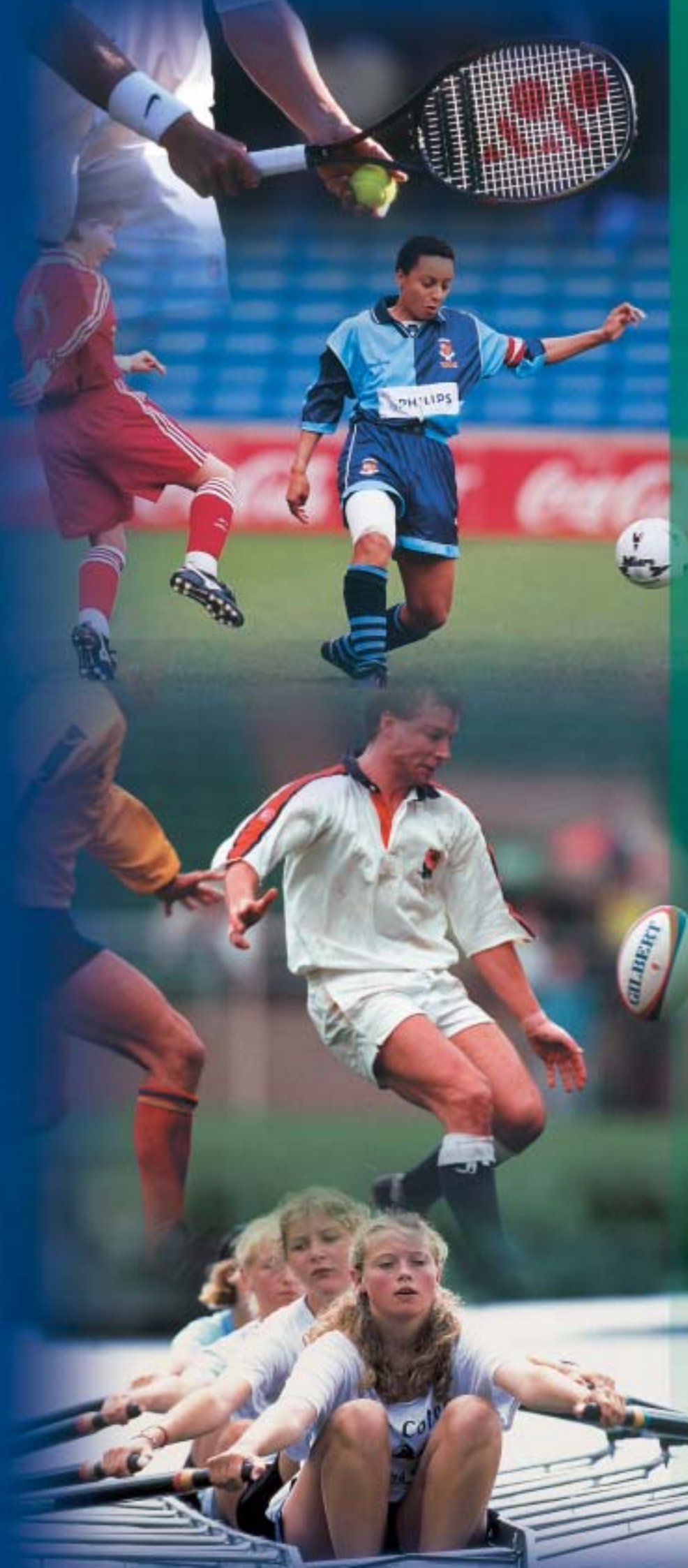
Each and every member has of course contributed with membership fees, and our membership numbers have continued to rise. We are also grateful to UKSport for their £20,000 contribution last year, and for agreeing the same figure for the coming year. There has also been a great deal of VOLUNTARY hard work by people organising workshops and other events. The conference at Newport gave a total profit to BASES of over £12,000, which was an excellent figure.

Overall we have achieved our aim of reducing our reserves to a total of approximately £30,000. This reduction is in line with Inland Revenue recommendations for maintaining our not-for-profit status and gives us a good working capital from which to strategically develop our activities. We have also applied for VAT registration to help service the 'contract culture' into which we are moving. For the current financial year it is the aim of the Executive to 'break even' financially, so we need to increase our income streams accordingly. The office staff play an important role here. Far from being simply responsible for routine administration, they play an increasingly proactive role in developing ways to raise the profile of BASES and in generating income.

With work still taking place on the BASES 5 year plan, the next 12 months will see a review of the way we finance a number of areas of our work and a very interesting and challenging year for the organisation lies ahead.



THE BRITISH ASSOCIATION
OF SPORT & EXERCISE
SCIENCES



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